

Full Report (All Nutrients) 09063, Cherries, sour, red, raw

Report Date: June 30, 2017 00:06 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:10% Refuse Description: Pits and stems

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, without pits 155g	1 cup, with pits, yields 103g
Proximates						
Water	g	86.13	348	--	133.50	88.71
Energy	kcal	50	--	--	78	52
Energy	kJ	209	--	--	324	215
Protein	g	1.00	347	0.011	1.55	1.03
Total lipid (fat)	g	0.30	--	--	0.47	0.31
Ash	g	0.40	348	--	0.62	0.41
Carbohydrate, by difference	g	12.18	--	--	18.88	12.55
Fiber, total dietary	g	1.6	--	--	2.5	1.6
Sugars, total	g	8.49	--	--	13.16	8.74
Sucrose	g	0.80	2	--	1.24	0.82
Glucose (dextrose)	g	4.18	5	0.123	6.48	4.31
Fructose	g	3.51	5	0.229	5.44	3.62
Lactose	g	0.00	--	--	0.00	0.00
Maltose	g	0.00	--	--	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	16	331	--	25	16
Iron, Fe	mg	0.32	347	--	0.50	0.33
Magnesium, Mg	mg	9	347	--	14	9
Phosphorus, P	mg	15	347	--	23	15
Potassium, K	mg	173	339	--	268	178

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, without pits 155g	1 cup, with pits, yields 103g
Sodium, Na	mg	3	339	--	5	3
Zinc, Zn	mg	0.10	330	0.003	0.15	0.10
Copper, Cu	mg	0.104	347	--	0.161	0.107
Manganese, Mn	mg	0.112	347	--	0.174	0.115
Selenium, Se	µg	0.0	--	--	0.0	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	10.0	--	--	15.5	10.3
Thiamin	mg	0.030	330	0.000	0.046	0.031
Riboflavin	mg	0.040	330	0.000	0.062	0.041
Niacin	mg	0.400	--	--	0.620	0.412
Pantothenic acid	mg	0.143	--	--	0.222	0.147
Vitamin B-6	mg	0.044	1	--	0.068	0.045
Folate, total	µg	8	4	0.750	12	8
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	4	0.750	12	8
Folate, DFE	µg	8	--	--	12	8
Choline, total	mg	6.1	--	--	9.5	6.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	64	330	0.917	99	66
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	770	--	--	1194	793
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	1283	330	18.331	1989	1321
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	85	--	--	132	88
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.11	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	2.1	--	--	3.3	2.2

Lipids

Nutrient	Unit	1	Data points	Std. Error	1 cup, without pits 155g	1 cup, with pits, yields 103g
		Value Per100 g				
Fatty acids, total saturated	g	0.068	--	--	0.105	0.070
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.002	--	--	0.003	0.002
16:0	g	0.048	--	--	0.074	0.049
18:0	g	0.016	--	--	0.025	0.016
Fatty acids, total monounsaturated	g	0.082	--	--	0.127	0.084
16:1 undifferentiated	g	0.001	--	--	0.002	0.001
18:1 undifferentiated	g	0.081	--	--	0.126	0.083
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.090	--	--	0.139	0.093
18:2 undifferentiated	g	0.046	--	--	0.071	0.047
18:3 undifferentiated	g	0.044	--	--	0.068	0.045
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Anthocyanidins						
Cyanidin 1 2 3	mg	32.57	10	11.37	50.48	33.55
Peonidin 1	mg	0.9	1	--	1.3	0.9

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, without pits 155g	1 cup, with pits, yields 103g
Flavan-3-ols						
(+)-Catechin 4	mg	0.3	5	0	0.5	0.3
(-)-Epicatechin 4 5	mg	3.8	6	3.14	5.9	3.9
Flavones						
Apigenin 6	mg	0.0	1	--	0.0	0.0
Luteolin 6	mg	0.0	1	--	0.0	0.0
Flavonols						
Isorhamnetin 1	mg	0.7	4	0.24	1.1	0.7
Kaempferol 1 6 7	mg	0.2	5	0.1	0.4	0.2
Myricetin 6	mg	0.0	1	--	0.0	0.0
Quercetin 1 6 7	mg	1.5	6	0.41	2.3	1.5

¹Kim, D-O., Heo, H. J., Kim, Y. J., Yang, H. S., and Lee, C. Y. **Sweet and sour cherry phenolics and their protective effects on neuronal cells.**, 2005 J. Agric. Food Chem. 53 pp.9921-9927

²Šimunić, V., kOVA?, s., gAšO-sOKA?, d., Pfannhauser, W., and Murkovic, M. **Determination of anthocyanins in four Croatian cultivars of sour cherries (Prunus cerasus).**, 2005 Eur Food Res Technol 220 pp.575-578

³Wang, H., Nair, M. G., Iezzoni, A. F., Strasburg, G. M., Booren, A. M., and Gray, I. **Quantification and characterization of anthocyanins in Balaton tart cherries.**, 1997 J. Agric. Food Chem. 45 pp.2556-2560

⁴Tsanova-Savova, S., Ribarova, F., and Gerova, M. **(+)-Catechin and (-)-Epicatechin in Bulgarian fruits.**, 2005 J. Food Comp. Anal. 18 pp.691-698

⁵Chaovanalikit, A., and Wrolstad, R. E. **Anthocyanin and polyphenolic composition of fresh and processed cherries.**, 2004 J. Food Sci. 69 1 pp.73-83

⁶Lugasi, A. and Hovari, J. **Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits.**, 2002 Acta Alimentaria 31 1 pp.63-71

⁷Jakobek L., Šeruga, M., Novak, I., and Medvidovič-Kosanovič, M. **Flavonols, phenolic acids and antioxidant activity of some red fruits.**, 2007 Deutsche Lebensmittel-Rundschau 103 pp.369-378